

CARA SWIM TEAMS

CARA swimming is a recreational swim team for youth ages 6-18 who are not USS swimmers, with an emphasis placed on technique building, endurance building and FUN! Register for the age group your child will be on the first day of practice. Swimmers compete in their age group as of their age January 1, 2019. Choose between 45, 60, and 75-minute practices below.

CARA Pre-Requisite - Ability to swim one length of the pool freestyle with rotary breathing and backstroke without stopping or using assistance. All participants are evaluated on the first day of practice.

*No practice Thanksgiving week, 11/25-29.

Centennial CARA: The Tsunamis

Practice: Sept 3-Dec 12*, Tues & Thurs

Parent Meeting: Sept 12, Tues, 6:15pm

Location: Centennial Pool, 1201 Alpine St

Meets: TBA

Age Group	Time	Code	Fee (res/non-res)
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6-10 yrs	6-6:45pm	421112.1A	\$105/\$125.25
6-10 yrs	6:50-7:35pm	421112.2A	\$105/\$125.25
9-14 yrs	6-7pm	421113.1A	\$112/\$140
11-18 yrs	7:05-8:05pm	421114.1A	\$112/\$140

Longmont Recreation Center CARA: The Piranhas

Practice: Sept 4-Dec 11*, Mon & Wed

Parent Meeting: Sept 11, Wed, 5pm

Location: Longmont Recreation Center 310 Quail Rd

Meets: TBA

Age	Time	Code	Fee (res/non-res)
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6-10 yrs	4:15-5pm	411112.1A	\$101.25/\$121.50
8-10 yrs	5:05-6:05pm	411113.1A	\$108/\$135
9-14 yrs	4:15-5:15pm	411114.1A	\$108/\$135
	6:10-6:55pm	411114.1B	\$101.25/\$121.50
11-18 yrs	5:20-6:35pm	411115.1A	\$114.75/\$148.50



Log Rolling | Drop-In Times

Young or old, come and roll with us! We provide the logs, the pool, and a certified Key Log Rolling instructor ready to teach you how to roll. Once you've mastered the basics, get ready to challenge others in friendly log rolling competitions.

8 & up: **Oct 4-Nov 22, Fridays, 7-8pm**

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$6 resident/\$7.50 non-resident

New!

Add Log Rolling to your next birthday party at Centennial Pool for an additional \$35/hour! Contact Luke to schedule at 303-774-4759.

Swim Stroke Clinics with Coach Hawksworth

Geared towards swimmers comfortable in the water who are interested in specific technique, speed, and endurance training. Focus is on breaking down each stroke to maximize efficiency in the water. *No class 10/31, 11/28, or 12/5
Location: Longmont Recreation Center, 310 Quail Rd

8-18 yrs:	Tue/Thurs, 6:15-7:15pm	
Sessions:	Sept 3-26 or Oct 1-24	426440
Fee:	\$90 resident/\$112.50 non-resident	
Sessions:	Oct 29-Nov 21*	\$78.75 res/\$98.50nr 426440
Sessions:	Nov 26-Dec 12	\$45 res/\$56.25 nr 426440
Drop in Fee: \$15		

+ AMERICAN RED

CPR-AED & First Aid

American Red Cross course covering CPR/AED and First Aid for Adults, Children, and Infants.

12 & up:	Aug 10, Sat, 8am-3pm	311223.1E
	Sept 29, Sun, 8am-3pm	411223.2A
	Nov 12 & 14, T & Th, 5-8pm	411223.1A
	Dec 7, Sat, 12-7pm	411223.2B

Location: Centennial Pool 1201 Alpine St

Fee: \$95 resident/\$118 non-resident



Babysitter's Training

This course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting.

11-16 yrs:	Sept 14, Sat, 12pm-7pm	421231.1
	Oct 20, Sun, 8am-3pm	421231.2
	Nov 17, Sun, 8am-3pm	421231.3

Location: Centennial Pool 1201 Alpine St

Fee: \$70 resident/\$87.50 non-resident

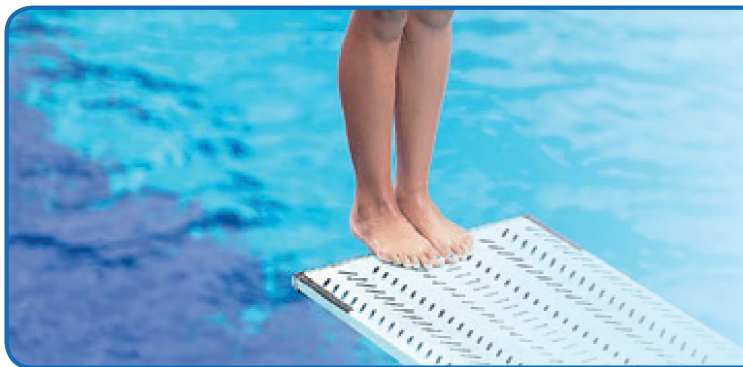
Babysitter's Boot Camp

Three classes in one--American Red Cross Babysitter's Training, First Aid, and CPR for infants & children Great for both experienced and novice sitters.

12 & up:	Oct 11-12, Fri, 5-8pm & Sat, 12-7pm	421232.1
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$95 resident/\$118 non-resident	

Struggling to meet the expectations to participate in the Lifeguard class or the Water Safety Instructor class, but have a passion to work in aquatics?

Attend the Aqua Academy on Friday nights and build your skills. See page 19 for details



High School Prep Dive Camp

Interested in diving in High School, or currently a High School diver? Get in shape, stay in shape, and perfect those flips, twists, and reverses.

Pre-Req: Must be able to comfortably perform diving basics and be ready to increase difficulty in dives.

13-18 yrs: **Oct 22-25, Mon-Thurs, 3:30-5pm** 421355.1

Instructor: Coach Shawn Gregg

Location: Centennial Pool, 1201 Alpine St

Fee: \$35 resident/\$43.75 non-resident

CROSS CLASSES

Lifeguard -

American Red Cross

Pre-Requisite: Must be 15 years old before the last day of class and be able to swim: 300 yards continuous swim of 100yds Front Crawl, 100yds Breaststroke and 100yds of Front Crawl or Breaststroke. The Pre-Requisite swim will be performed on at the beginning of class on the first day.



15 & up: **Nov 24-27, Su/M/T/W, 8am- 4pm** 421211.1

Dec 28-31, Sa/Su/M/T 8am- 4pm 121211.2

Location: Centennial Pool, 1201 Alpine St

Fee: \$190 resident/\$237.50 non-resident/
\$45 Pending Employees

New! Lifeguard Instructor

Upon successful completion of this class, you will be able to teach ARC Lifeguard classes. Pre-Requisites: Must be 17 before the last day of class, current certification as ARC Lifeguard, and are able to correctly do all lifeguard skills.

17 & up: **Oct 10 & 11, 5-9:30pm, Sat 8-5pm
and Sun 8-1pm** 421218.1A

Location: Centennial Pool, 1201 Alpine St

Fee: \$425

Aqua Academy

Join the Aqua Academy and learn lifeguarding skills, teaching techniques for swim lessons, CPR-AED and First Aid, and participate in stroke workshops strengthening your knowledge and skills to one day work with our team as a lifeguard and or swim instructor. Daily enrollment accepted.

10-18 yrs: **Oct 4-Nov 22, Fridays, 5:30-7pm**

Location: Longmont Recreation Center, 310 Quail Rd

Session Fee: \$40 resident/\$50 non-resident

Daily Fee: \$6 resident/\$6.25 non-resident

Longmont Swim Instructor (LSI)

Learn the skills and techniques to teach swim lessons with the City of Longmont. Must be able to demonstrate knowledge of basic swimming skills, including floats, freestyle, backstroke, and general water safety.

Pre-Requisite: Ability to swim freestyle, backstroke and breast stroke at least 25 yards and butterfly 15 yards proficiently by last class day.



15 & up: **Oct 20 & 21, Sun 9-5pm & Mon 11am-7pm** 421243.2

Location: 10/20, Longmont Recreation Center
10/21, Centennial Pool, 1201 Alpine St

15 & up: **Dec 1 & 8, Sun, 9-5pm** 421243.3

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$25 resident/\$31.25 non-resident

Do you love working with the public?

Aquatics is hiring temporary positions for the fall and winter.

Interviews are going on as we speak for daytime Lifeguards, evening & weekend Lifeguards, and Swim Instructors.

Apply on line.
LongmontColorado.gov/jobs

